



TRAINING JOURNAL

STARTING DATE: __/__/__

BEFORE YOU BEGIN, WATCH THIS:

www.pnmedical.com/Fit1

PROTOCOL:

___ Reps per set, ___ Sets per Session, ___ Sessions per Day, ___ Times per Week, at an Effort Setting of ___

WEEK 1	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
SETS COMPLETED														
EFFORT %														

*** HOW TO DETERMINE YOUR EFFORT SETTING:**

Discuss your training intensity with your coach or trainer if s/he is familiar with RMT. During regular training, RMT should be done at moderate effort (70% of max effort). During times of higher training demand (eg preparing for competition), a rest day is advisable to avoid overtraining of respiratory muscles. RMT intensity should be adjusted regularly to target the set effort. If the perceived effort drops to less than 70% (or 7 out of 10), increase intensity by choosing a higher setting, and vice versa. Inspiratory and expiratory settings should be adjusted independently.

The Effort Setting Gauge gives you an idea of how to convert the perceived effort into a number for your training reference.

EFFORT SETTING GAUGE:



HOW TO FILL OUT JOURNAL

1. Enter the starting date of your journal
2. Record your morning and evening sessions
3. Record the inhalation (INH.) and exhalation (EXH.) settings in the indicated row.
4. Tick a box for each completed session (if you did at least 80% of your reps).
5. Indicate your PERCEIVED effort during the session. (see page 1).
 - **NOTE:** The training should not get much easier over time. While you will get used to using the Breather, if you feel that your muscles don't have to work very hard, you or your trainer should increase the settings. The effort you put into the training should remain the same every time to build up your muscles for optimally support your performance.

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STARTING DATE: 12/11/18

PROTOCOL:

10 Reps per set, 2 Sets per Session, 2 Sessions per Day, 6 Times per Week, at an Effort Setting of 60%

	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	2/2	2/2	DAY OFF	
SETS COMPLETED	2	2	2	2	2	2	2	2	2	2	1	2		
EFFORT %	60	60	60	60	60	60	70	70	70	70	50	60		

THE BREATHER ASSESSMENT CHART

(optional)

Use this document in conjunction with the Breather Fit Training Journal.

	RECOMMENDED ASSESSMENTS		ADDITIONAL ASSESSMENTS*		
	TIME TRIAL (ex. 2 mile run)	TIME TO EXHAUSTION (ex. cycling at set workload)			
BASELINE (0 WEEKS)					
AFTER _____ WEEKS					

* Additional assessments may include maximum phonation time, maximum plank, loaded squats to exhaustion, etc.

EFFORT SCALE

This effort scale should help to estimate the effort expended in the RMT session.

Training Effort Scale	% of MIP or MEP Effort	Perceived Effort	Sustainability Throughout Session
1 - 2	10 - 20	Hardly any	May consistently finish the set with ease
3 - 4	30 - 40	Some noticeable	May finish the set without much difficulty
5 - 6	50 - 60	Moderate	Usually able to finish set, with significant difficulty
7 - 8	70 - 80	Substantial	Usually unable to finish set, with great difficulty
9 - 10	90 - 100	Highest	Unable to complete one set at all



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WEEK 1	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
SETS COMPLETED														
EFFORT %														

WEEK 2	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
SETS COMPLETED														
EFFORT %														

WEEK 3	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
SETS COMPLETED														
EFFORT %														

WEEK 4	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
SETS COMPLETED														
EFFORT %														